

Press release

Date 25th November 2016

Young Carers Bucks launches ‘Own Zone’ appeal for Young Carers.



Young Carers Bucks, the charity which supports young carers aged 6 – 18 years, is looking to raise vital funds of £15,000 for the provision of a dedicated ‘Own Zone’ space at its head office in Aylesbury. This dedicated room is used by young carers for workshops, activities and support groups run by Young Carers Bucks, and provides a safe environment to meet staff and have some time away from their caring roles. The lease on the ‘Own Zone’ space costs £15,000 each year, funds which Carers Bucks must raise each year to keep the room for Young Carers.

Young carers are children and young people who care for a parent or sibling in their own home who is ill, has a physical or mental disability, or has a drug or alcohol dependency. The emotional impact of caring at a young age can have an enormous effect on a young person.

Sally Mansi, Service Manager at Young Carers Bucks says: “Having a space that Young Carers can call their own is so important for us. Young Carers need a safe environment that enables them to talk about issues that any adult would struggle with such as “How do I help my mum when depression makes her cry all day?” or ‘Is my dad going to get better? What will happen to me if he doesn’t? as well as somewhere they can relax and have some fun.

We really need to raise this money to enable us to continue to provide this fantastic space for the next twelve months in Aylesbury which is enjoyed by so many young carers in the local area.”

If you would like to help support Young Carers Bucks ‘Own Zone’ campaign by making a donation, then please do so via the Just Giving page – all donations are gratefully received.

www.justgiving.com/campaigns/charity/carersbucks/ownzone

Ends

For further information contact Hayley Mountstevens at Carers Bucks on 0300 777 2722 or visit www.carersbucks.org or www.youngcarersbucks.org

Notes to Editors:

- Young Carers Bucks is part of Carers Bucks the charity which supports the wellbeing of unpaid family carers in Buckinghamshire
- Young carers are 6-18 year olds caring for a family member with a physical or mental illness, a disability, or a drug or alcohol related problem. The person being cared for may be a parent, sibling or other relative living in the same household.
- Young Carers Bucks supports over 700 young carers living in Buckinghamshire
- Latest research* by Carers Trust and The Children’s Society reveals that many young carers are underperforming academically, and on average miss or cut short 48 school days a year, and often have lower levels of self-confidence, mental wellbeing and significantly lower educational attainment at GCSE level, due to their caring role.
- A carer is someone who provides unpaid support and care on a regular basis to a relative or friend who, due to frailty, illness or disability, would not be able to live independently without them. Carers are **NOT** paid care workers.
- Carers Bucks is providing a range of support and information for carers in the area. The carers range in age from 6 – 90 years old.
- Carers Bucks and Carers Milton Keynes are part of the [Carers Trust Network](#), which has Carers Centres around the UK.
- There are almost 7 million carers in the UK – three in five of us will become a carer at some point in our lives.
- The economic value of the contribution made by carers in the UK is £132 billion per year.